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## **Health Screenings: One Requirement for the Latitude Health Plan (lowest deductible plan) in FY 2014**

Posted: December 14, 2012

Attend a free Health Screening sponsored by the South Dakota State Employee Benefits Program. To be eligible for the Latitude Health Plan (lowest deductible plan) in FY 2014, employees and covered spouses must complete a Health Screening **AND** Health Assessment.

### **To Register for a Health Screening:**

- Go to [www.hmpscreen.com](http://www.hmpscreen.com)
- Log in using your DAKOTACARE ID Number (indicate S behind the DAKOTACARE ID number if you are a covered spouse)
- Enter your password Date of Birth (YYYYMMDD)
- Choose your location, appointment date, and time

### **Your Health Screening includes:**

- Cholesterol (Total, HDL, LDL, Triglycerides, TC/HDL Ratio)
- Blood Pressure
- HbA1C
- Body Mass Index

### **Important Reminder:**

- *To be eligible for the Latitude Health Plan (lowest deductible plan) in FY 2014, employees and covered spouses must complete a Health Screening **AND** Health Assessment (tentatively scheduled for January 1-March 31, 2013).*

## **Using Your Medical Expense Spending Account for Vision Claims**

Posted: December 14, 2012

Vision claims not processed through Ameritas insurance by 10/1/2012 will need to be manually submitted to your medical spending account regardless of the service dates. This applies to members who want to use their medical expense spending account to pay for the remaining balance on vision claims.

You have a few different options to make it easier to submit these claims:

- Submit online.
  - Visit [www.ameritasgroup.com](http://www.ameritasgroup.com). Go to secure member account on the right hand side of the page in order to navigate to the login page. Download your EOB(s) to your computer for the dates of service incurred. If you have not established an account on the Ameritas web portal, please visit [http://www.southdakotaflexbenefits.com/Dental\\_Add\\_I\\_Information.html](http://www.southdakotaflexbenefits.com/Dental_Add_I_Information.html) and click on the "Employee Web Sign On Instructions"
  - Once you have your Ameritas EOB(s) saved to your computer, navigate to [www.dakotacareflexonline.com](http://www.dakotacareflexonline.com)
  - Once logged into your account, go to submit a claim and fill in your information and upload the saved Ameritas EOB(s).
- Submit by mail/email/fax
  - Visit [ameritasgroup.com](http://ameritasgroup.com) and print your EOB(s) for the dates of service incurred.
  - Fill out the Flexible spending account claim form
  - Mail/email/fax
    - Mail to: DAKOTACARE Flex  
PO Box 7406  
Sioux Falls, SD 57117-7406
    - Email to: [flex@dakotacare.com](mailto:flex@dakotacare.com)
    - Fax to: 605-336-0270

## Access Flexible Benefits Information Online

Posted: December 14, 2012

Questions about how your dental plan works? Watch the new dental video provided by Ameritas. To view the video visit, <http://benefits.sd.gov/dental.aspx> and click the link after the third bullet point or watch the video now, <http://software.ameritas.com/articulate/gmt/stsd/>. **Contact Ameritas for dental and vision questions at 800.487.5553.**

To obtain plan information, FAQs, or contact information,

- Visit [www.southdakotaflexbenefits.com](http://www.southdakotaflexbenefits.com).
- Choose a Flexible Benefit such as dental, vision, short-term disability, etc.
- Click the drop box for the benefit and choose one of the links provided.

## Twelve Health and Safety Tips for the Holidays

Posted: December 14, 2012

*Article from the Centers for Disease Control and Prevention*

Give the gift of health and safety to yourself and others by following these holiday tips.

1. **Wash hands often** to keep yourself from spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
3. **Manage stress.** Don't overcommit yourself and prevent holiday anxiety and pressure. Get enough sleep.
4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.
5. **Be smoke-free.** Avoid smoking and secondhand smoke. There is **NO** safe amount of tobacco or secondhand smoke. Breathing even a little secondhand smoke can be dangerous.
6. **Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Use a seat belt on every trip, no matter how short the trip.
7. **Get exams and screenings.** Ask what exams you need and when to get them. Update your personal and family history.
8. **Get your vaccinations,** which help prevent diseases and save lives.
9. **Monitor the children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach. Dress warmly for outdoor activities. Develop and reinforce rules about acceptable and safe behaviors including electronic media.
10. **Practice fire safety.** Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. **Prepare food safely.** Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
12. **Eat healthy, and get moving.** Eat fruits and vegetables. Limit your portion sizes and foods high in fat, salt, and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

### Contact Information

#### Bureau of Human Resources

PMB 0141-1

Bureau of Human Resources

500 East Capitol Avenue

Pierre, SD 57501

605.773.3148

1.877.573.7347, option 2

Email: [benefitswebsite@state.sd.us](mailto:benefitswebsite@state.sd.us)

<http://benefits.sd.gov>

All benefit related questions.

#### DAKOTACARE

PO Box 7406

Sioux Falls, SD 57117-7406

1.800.831.0785

605.334-4000

Fax: 605.336.0270

[www.dakotacare.com](http://www.dakotacare.com)

#### DAKOTACAREFLEXONLINE.com

[www.dakotacareflexonline.com](http://www.dakotacareflexonline.com)

#### DAKOTACARE Access

<https://access.dakotacare.com/?Client=DD10028>

DAKOTACARE provides State employees with a system of member doctors and other health care providers as well as serves as third party administrator for the Health and Flexible Benefits Plan.

General Health and Flexible Benefits Plan information, including:

- Eligibility questions (for example, if a child is listed as a covered dependent)
- Questions about claims processing, appeals, coordination of benefits or third party liabilities
- Covered expenses and benefit level information
- Deductible and out-of-pocket expense information
- Plan limitations and exclusions
- "Balance" billing information

#### Health Plan information, including:

- A list of DAKOTACARE medical providers
- A list of participating Chiropractic Associates LTD of South Dakota (CASD) providers
- Additional I.D. cards

#### DAKOTACAREFLEXONLINE.com

Access to Dependent Care Spending Account, Medical Expense Spending Account and/or Health Rewards and Wellness Account:

[www.dakotacareflexonline.com](http://www.dakotacareflexonline.com)

#### DAKOTACARE Access

View your Explanation of Benefits (EOB) information Online. DAKOTACARE Access allows members secure electronic access to their personal DAKOTACARE-related claim information for health, flex, vision, major injury protection and hospital indemnity plans.

<https://access.dakotacare.com/?Client=DD10028>

#### Risty Benefits, Inc

1.866.237.9411

[help@ristybenefits.com](mailto:help@ristybenefits.com)

[www.southdakotaflexbenefits.com](http://www.southdakotaflexbenefits.com)

- Dental - Ameritas
- Vision - Ameritas
- Short Term Disability - Unum
- Hospital Indemnity - Reliance Standard
- Major Injury Protection – Reliance Standard

#### Ameritas

1.800.487.5553

M-Thurs. 7:00 am -12:00 am CST

Friday 7:00 am – 6:30 pm CST

[group@ameritas.com](mailto:group@ameritas.com)

- Dental
- Vision

<b>HealthFitness</b> Attn: Customer Service-SOSD 1650 West 82 <sup>nd</sup> Street Suite 1100 Minneapolis, MN 55431  877.573.7347, option 3  <a href="http://www.liveforlife.net/hfit/sd">www.liveforlife.net/hfit/sd</a>	<ul style="list-style-type: none"> <li>• Latitude Wellness Programs</li> <li>• Health Assessment</li> <li>• Health Advising</li> <li>• Empowered Health Coaching</li> </ul>
<b>Health Management Partners (HMP)</b> 2301 West Russell Street Sioux Falls, SD 57105 866.330.9886 or 605.333.9886   <a href="http://www.hmpsd.com">www.hmpsd.com</a>	<ul style="list-style-type: none"> <li>• Pre-authorization for a hospital confinement or other health services requiring pre-authorization and medical case management.</li> <li>• Condition Management</li> <li>• Register for Our Healthy Baby <a href="http://www.ourhealthybaby.com">www.ourhealthybaby.com</a> or call 1.888.821.2242</li> <li>• Questions about managed care</li> <li>• Oncology</li> </ul>
<b>Express Scripts</b> <b>Customer Service:</b> Phone: 1.866.212.9529 <a href="http://www.express-scripts.com">www.express-scripts.com</a>	<ul style="list-style-type: none"> <li>• Questions about the Prescription Network</li> <li>• Step Therapy</li> <li>• Pre-authorization</li> </ul>
<b>Private HealthCare Systems (PHCS)</b> 1.888.865.7427 <a href="http://www.phcs.com">www.phcs.com</a>	<ul style="list-style-type: none"> <li>• Nationwide Provider Directory</li> </ul>

The Benefits Newsletter provides South Dakota State Employee Benefits Program Members with provisions of the benefit plans as well as the changes and updates. Members of the South Dakota State Employee Benefits Program are responsible for staying informed of the changes that may affect their coverage.

Contact the Bureau of Human Resources, Benefits Program at 773.3148 if there is a question or concern about an article in the newsletter.

Note: Please print attached newsletter for anyone without computer access.